

ALLEN BAZAYA

LIFE FORMULA

"YOUR GOD IS TOO SMALL"

BY

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Allen Bazaya is the author of this work.

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PROLOGUE

Many, like me get to a point where we no longer satisfied with our current statuses, positions etc. This is very natural in every living being in other words it is finding the meaning of life. Some straddle to find the reason or purpose for life. If you are part of those who have found the meaning of life and living it, congratulations you have an enormous God. If you belong to the other share hopefully the book will be of great aid igniting the potential in you.

Discovering the meaning of life takes belief and this leads us to religion and religion implies that God exists. No matter one's religion believing that there is creator effects to many ingredients that will succour oneself in achieving greater heights. Albert Einstein postulates to understand the meaning of life one has to be religious.

Whoever thinks that finding a purpose of life is impossible, it's time to change the mind set because we have the Life Formula and whoever tells you it cannot be, we reply with the phrase, "Your God is too Small"

Chapter 1

POSITIVE MIND

The mind requires ample tender care as compared to the stomach because it can be poisoned without feeling immediate pain. One can feed something into his/her computer box and the resultant effect can be experienced years later, that is why we are urged to be very careful of what we take in our minds. Unlike the stomach once you take something profane in a few minutes an upset is experienced.

Our minds are similar to memory sticks, a stick brimmed with gospel music can never play anything not gospel. One only gets what oneself has put in. If one feeds the mind with toxic material, he becomes a toxic person and vice versa. There is a great need to guard of what gets into our minds in this quest of finding/giving our lives a meaning.

Have you ever wondered why a certain group of people behave differently from others? A more pragmatic example is that one of a nation. People from, let's say Zimbabwe are said to be hard workers, but were they born hardworking? Definitely the answer is no, hence they become hard workers probably because of what was put in them. In Zimbabwe a lot about hard work is put in the citizen's mind to an extent that calling someone *nyope*(lazy) is more insulting than a racial jab.

The same is even experienced at family level, a child raised and instilled with certain norms, usually never departs from them. An adage, "kiddies see- kiddies do, also explains that for a kid to behave in a certain way he/she must have seen it from someone especially whom they aspire, straight into their minds and in most cases parents are their aspirations, that is why we are encouraged to guard what gets into our minds and kids'.

What you feed your mind can be very influential in your life, at some point in life as an adult. I realised how much power our intake has. Growing up, born from an industrial worker, who happens to be my father and remunerated on a monthly basis, his pay day was a big deal. It meant shopping, we would go to the city, my mother would always say, "it is not normal for one to leave the city without having a colcom pie and lyons cascade fruit juice". Somehow it became a custom and I have since realised am still living to that to date, even at times I plan to have a different quick meal inevitably I end up going for that customary combo. This is the power of the mind, what you feed in can be very influential.

Focusing on this ingredient, "positive mind" of the Life Formula, some prefer to call it faith. I do not know if they are really the same or different but I strongly believe by the end of the chapter, one would be able to differentiate or use it as one, but most of all possess the ingredient.

We have heard of the statement. ‘Life is a journey’. And every journey needs chemical energy. If walking, demands food, driving or flying needs fuel then the same applies to your life journey and the fuel to it is the positive mind ingredient, without this one is sedentary.

Positive mind can be defined as an optimistic view of life, The *BangambikiHabyarimana* Book of Wisdom states that it is the belief that fate is smiling to you and everything you touch will turn into gold. As said earlier this mind-set is the fuel to your journey, it is that courage to take the first step even when you do not see the first staircase. It is an act of *I can*, however after being optimistic that you can, there is a feeling of assurance that comes by which is faith. This is that assurance of things hoped for.

A few years back after completing my first college degree, I started a career in insurance sales or some prefers to call it financial advising. This is a commission based job which involved a lot of travelling. In a short period of time my girlfriend by then moved in with me and she fell pregnant. This meant a surge in monthly expenditure, at the beginning of every month. I would start with a budget to be met which involved rentals, groceries, clothing etc. However a positive mind kept me going, and it would tell me, “Allen go out there and work, I know that you can do it. The moment I stepped out to work, faith would then takeover to such an extent that I would even start to think of what and how I would spend the money. I would feel as if I have already met the budget.

When one has a positive mind-set, he/she has control over his/her life, and that is choosing the path to take hence becoming the person whom he wants to be. There is great power in having a positive mind-set. Henceforth for one to be in possession of the ingredient, one has to feed the attitude of positivity in the mind. Similar to faith from a religious perspective it comes from hearing the word of God. This is where the battle is, in this world which is filled with negativity- one has to consume as much positivity as one can, to gain the needed fortitude to have control of your own life.

Faith or positive mind entails that one should convince oneself everyday that you are worth of good life, the key word is every day, it is not a once off thing but a daily practice, because that same everyday one faces opposition which is negativity. To get an edge over the opposition one has to do tenfold better. Another author (anonymous) wrote that one must be so positive so that negative people do not want to come near you. Positive mind is motivation and motivation expires and you need it every time.

Faith gives hope, which is an integral part of our daily lives. Where there is no hope, there is no life hence it is a must for every individual to have hope. This is the reason why people attend *hope factories* like churches, religious meetings and the like. It is to fight out worrying and believe that all will be well.

When one possesses a positive mentality, thus finds peace of mind. Many people spend a lot of money preparing for the negative outcome. Negative outcome robs people of peace of mind.

However positivity helps you discover the purpose of living even when one is expected to be worrying, and that peace of mind is achieved.

A few months after my son was born, I lost my job. There is no doubt when such things happen worrying is inevitable. In my case it was never like that, this somehow became the turning point. It was the time I went further on to chasing my dream. Life is throwing troubles, I would wake up every day knowing that it will be well and surely that day would eventually be well. I experienced the power of positive thinking and living on faith.

Faith took me over two thousand (2000) kilometres from my home to a city in South Africa called Port Elizabeth in search of greener pastures. I sojourned there for six months and somehow I was taken to another level of believing that there is greater power in what you feed your mind. I met a Nigerian pal who introduced me to reading motivational books which was something I never did before. I became a library's best friend, every time I would walk out of the library, I felt as if the world is in my hands.

If I could feel as if I have the power to run the world, through feeding my mind with positivity how much more on the opposite direction would be to someone who is fed with negativity and discouragement? Surely the person sees the world as the worst place to be, some can go to an extent of regretting being born. This is why we should guard what gets into our minds. However it might not be possible to live with your eyes and ears closed but it is possible to delete what gets in your mind.

At times people after trying something and it fails to turn out the way they expected they feel dejected. This means acceptance of defeat or failure. Antagonistically to this, positive mentality does not believe in defeat or failure, it urges one to get rid of the defeated thoughts. No matter how the situation might be, see the good ahead of victory that is how you can generate motivation.

Born and raised in a religious family where it was church every Sunday and praying is an everyday thing. The biblical scriptures were said to me, but only started to work when I began to practice them. This is the same to everyone, positive words and faith can only work in your life when you put it into action. It is of no use for one not to believe in failure and do nothing. When you do not believe in failure go out and win.

Positive mentality creates a victor; it gives one a mind-set that they can do all things. When you have and put it into action, surely you are undefeatable. Looking at liberation struggles that many nations encountered and overcame, credit can also be granted to their positivity as some on paper could not match their colonialist armoury. However belief kept them going and they were victorious. When you face big challenges you ought to respond with great faith.

Positive mind or faith drives away doubts or fear. There are some people in life, whenever they are given a task or challenge to partake the first thing that comes to their minds is the worst case

scenario. They question themselves what if they cannot make it. Faith entails that troubles is transportation (Joel Osteen). This simply means with faith one does not remove his/her own sight on the finishing line. In this case struggle, every tribulation will not stop one from reaching the black and white markings.

A very good example is of substantial farmer who grows crops on seasonal rainfall. In this case the farmer works on the field ground and ploughs the maize with great faith that come season end he/ she will have a bumper harvest. Possibly with little knowledge of whether rain will come or not. This is the kind of faith that one should possess. For a farmer to arrive at this level of faith he/she would have fed the mind with positivity that led to the belief that a good yield will be obtained.

Never underestimate the power of thoughts, life battles are won in the mind. There is a biblical story of a mighty man called Daniel. He lived in a city where he was forbidden to worship his God. However he persisted, because the only thing in his head was, that there is no any other God or person who can stand his God. This did not go on well with city people who then decided to throw him into a lion`s den. When God came to his rescue, he survived and came out of the den unharmed. That is the power of faith.

CHAPTER 2

PERSEVERANCE AND HARDWORK

There was a widow in a certain town, ruled by one ruthless king who neither sympathised nor empathised with anyone. The woman lived a torrid time caused by her adversaries. To make matters worse, she would report to the king and it fell on deaf ears. However the widow never got weary of reporting every time she was ill-treated, to an extent that she became an annoyance to the king. This resulted in the king granting her justice, so that she would not keep annoying him. This is a parable of the persistent widow told by Jesus (Luke 18:1-7). It reflects how the ingredient of life that is perseverance, is essential for one to obtain a happy life which is a meaningful life.

Perseverance, this is continuing in a course of action without regard to discouragement, opposition or previous failure ([http:Wiktionary.org](http://Wiktionary.org)). This simply means not giving up in an endeavour one partakes. It can be explained as; one can only stop trying when he/she has succeeded. This ingredient of life when put into practice, highlights an element of faith. The idea of not giving up entails that one believes that success will be granted. In other words we are saying perseverance is faith in action.

Fortunately I managed to possess the ingredient very early in life, as a result of my high school, had a motto, which I believe has not changed. This motto says, “*proficit qui Prospicit*” he who perseveres, prospers. It resonates well with Napoleon Bonaparte’s quote, which goes like, “Victory belongs to the most persevering”.

There is a misconception about what hardworking is, many believe it is working extra hours than other counter-parts, some think of sweaty tiring tasks. The former is often taken as hard work but it actually is extra work or overtime. Hardworking refers to performing your duties well, rapidly and giving it all your attention. This means if one has a task to complete or target to meet one gives it all to make sure that that target is met and task is complete.

Hardworking is not an innate gift but a state of the mind. It is an ingredient that has to be put inside someone, it can be a mentor, guardian or coach or one might choose to instil the mind-set alone. To some of us that hardworking spirit was instilled at a very tender age. My primary school motto reads, “*through hardwork we rise and shine*” and all I believed in from that period of primary school days became a norm.

There is no substitute to this ingredient of life. For some ingredients in life you can live meaningfully without them albeit not as those who possess all the ingredients. It is a must have ingredient. One world famous footballer, Lionel Messi, has been arguably said to be the best player of all times. In one of his books, he attributed his successful career being a result of hardworking, over his talent. His footballing rival the Portuguese skipper, who has the world best

player as many times as him, Cristiano Ronaldo, has been hallmarked as inseparable from hardworking.

Life is a series of choices; this is very true but does not apply when it comes to possession of the hardworking ingredient in obtaining a meaningful life. It's not an option to be hardworking but rather a prerequisite of living a meaningful life. Many talented people in the world have great potential to become stars in every discipline of focus but lack that self-imposed zest to meet targets or complete self-imposed task which can be termed hardworking.

When two ingredients are used together (hardworking and perseverance), then great things are accomplished. One who possesses these ingredients never fails. It's a combination of the zeal to achieve and not giving up. No task is incomplete when one has the two vital components. John Lyly, states, that many strokes overthrow the tallest trees. That is the power of perseverance, no matter how blunt an axe might be, persisting will bring down the tree.

The majority of people born within Southern Africa have read the Sunrise readers books when they were young. I believe even some who are not from the region might have heard or read of the story of the tortoise and the hare. At this point in time my focus is on the tortoise, racing against a hare. Imagine being in a race with someone whom you know very well is far much faster than you. In this case the tortoise had its eyes on completing the task and not giving up. A lot happened on course but in the end victory belonged to the tortoise. The reason for the victory is nothing short of persevering. The hare lacked the ingredient to an extent that it left the task several times for something else anticipating it would win because it was gifted with speed.

We all have gone through hurdles, mountains in our lives and we are still to experience them. These things are inevitable at every level of life, as a freshman at college many colleagues shared testimonies some of which indicated how they had made it into university in very tough situations. Old people share experiences on how they built houses and completed business endeavours and achieved greatness. That is the power of hardworking and perseverance, it gives you desired victory. After persevering and completion of a difficult task one would be strong to handle similar tasks easily.

Everybody wants to be successful but they are not willing to pay the proper price. That is many do not go to chase their dreams, frankly speaking it is no easy thing, for it takes great perseverance and hard work to go through life adversities. The proper price being persevering in whatever one pursues, remember the motto "he who perseveres prospers". Persevering shuns all the shortcuts to get to your destiny. It can be simplified as doing the right thing until a task is completed.

Hardworking is belief; it is an indication of believing that the effort put will result in achieving a set goal. Hardworking reveals your faith yet some prefer to say that we need faith and hard work for one to succeed. In my opinion, I take it as hardworking showing one's faith that things will go as planned. There is a famous marathon competition in South Africa called the *Iron man*. It

attracts a huge crowd and participants from within the country and across the borders. It gives a clear understanding of the idea of hardworking and persevering. Let us shift the focus slightly from the hardworking athletes who compete for the prize, am impressed by the elderly (above 75 years of age) who set up goals of completing the race. Despite the hardship faced during the race, they keep persevering until they get to the finishing line. Sometimes they arrive 4 to 5 hours after the first placed person but you can see the joy on their faces. Perseverance is not an act of being number one; it is concerned about completing a task.

Perseverance is all about not giving up and trying until you get to the summit of the endeavour. It is putting on the John Cena t-shirt with bold print reading *Never Give Up!* Persevering can be daunting especially when one keeps failing, now and again. However the key point is on not losing your temper and also handling the frustration as much as possible. In other words it is using your past failures and experiences as a lesson to keep pressing on. Failure does not exist anymore in the life of that person, in fact it is an opportunity to start again intelligently – (Winston Churchill).

It is like wrestling a lion, where one can only stop when the lion is tired. There is no room of giving up, you only go for gold. No matter how many countless efforts or attempts, victory is the only way out.

Chapter 3

SINCERITY, INTEGRITY AND WISDOM

There was great rumour in the year 1999 that the world had reached the end. It was believed that all computers would crash, as the windows (micorsoft) was only programmed for that period and cannot carry on into the new millennium. As a young boy around 7 years, this was scary to me. However the year ended and ushered into new one which as year 2000. That same year the millennium became a year I begun to understand all about sincerity and wisdom.

Sincerity and wisdom are core values of one's life. However the two ingredients need also integrity to complete the package. Unlike other ingredients which are pivotal for one to succeed in life, this package is must have as it makes up a person. Even without pursuing any endeavours one should possess the package. The package is something one has to live on. It is a way of life.

If one has not yet grasped the package or has not come across details of the package, it is here for you. If one has come across it but ignored its' worth, now you will know that your God is big and is a God of second chances. Here is another chance to make sure that you get the life ingredient. To make the package is easily comprehensible; I will explain each ingredient separately so that one is informed on all the three.

SINCERITY

Of the three ingredients of this package, it is the complex one but once one posses it he/she is good to go. On this one we are talking of transparency and shunning out pretence. The focus is on being yourself, the real you. Transparency can be defined as see through. The idea then is to let us see through your mind, so that we can get the real you. That is sincerity defined.

In this sophisticated world, sincerity has been made very complex, at one point I came across a quote of philosophy that reads, "fake it till you make it" and quite a number of popular sophisticated people were in support of it, but is this right? This is wrong, yes, but one might make it by feigning. Here we are talking of honesty of the mind leading us to success, its' making it without violating sincerity. So as to avoid tailing problems that usually comes from feigned success.

Sincerity in modern day is very difficult to achieve, especially were most interactions are or have gone digitally. This makes it difficult to get the real person as people have gone to create characters of them which are deemed to be likable. Sincerity is defined as showing your true colours. A more pragmatic example is the tale of a dog and rabbit. The dog would chase the rabbit and give a strong bite when it catches it. The second time the dog would catch the rabbit and tickle it as if they were playing. In this case the rabbit had to request for sincerity from the dog by asking whether it was an enemy or friend.

If one is to rise in life, it calls for that person to be sincere with the people around them. Sincerity makes one trustworthy, when you have gained environmental trust, rise is certain and support is offered even when the going gets tough.

INTEGRITY

Unlike sincerity which is the honesty of the mind, with integrity it is doing the right thing even when nobody is watching. This means it goes beyond just showing your true colours to others but practicing what is right when alone because doing right is in you. Every individual should aim to have unquestionable integrity. Like said earlier on, this is no option but a pre-requisite of life.

I do not possess vast experience in the business world but one thing I have observed is that all organisations have a common value, that is integrity. This simply details that to be a player in the business world one should live on integrity, to be the best in this world one must aim for unquestionable integrity, which is an arduous task but very doable.

After spending a few minutes with the head recruitment at one financial advising firm in Port Elizabeth South Africa, I had shown excellent deportment, that he scheduled me for a proper interview. I had the interviews, earnestly completed assigned tasks but however could not land the job. Conducting a self-assessment of why I could not land the job, I attributed the reason to lack of integrity. I still had some bad habits, I did practise in hiding. The positive part is that it became a turning point, to working on my unquestionable integrity. I began to understand why they call it the province of legends with Mandela, Khama (Snr) and Mugabe, all having had spells in the province. And the later stating that it was in this province he had the turning point to his purpose. Your God is big; you just received a worthy empowerment.

To live a righteous life or practice integrity it's not an easy thing. However me and you, we have an ample God, who expects us to live on integrity and He has made life easier for us through His sacred literatures. These literatures serve as maps, giving us directions on how we should live. It is in the form of the bible, Quran, tripitaka etc. And because we live in an unrighteous world, more literature is available to us, as catalyst to take us away from living on integrity.

From a biblical perspective there is a story of Job who lived a righteous life for God. However an argument arose, the devil argued that the man was righteous because God had granted him wealth. If the wealth is taken from him, he would morph in to a crooked life. God agreed that all the wealth be taken and let Job be tested. He lost everything he had from family to property but despite all that he remained steadfast in doing what is right. After that he was rewarded tenfold for being righteous even in difficult times. This is quite difficult for many of us to bear, however we are encouraged to mimic Job's integrity.

An individual can be lazy or lacks faith and still live like an ordinary person. Hence with integrity it is something or a pre-requisite in one's life. I have seen lazy employees and still their companies' keep them but an employee without integrity might quickly be distanced from the organisation. I urge you to do whatever it takes to possess this ingredient.

WISDOM

This integral ingredient of life is the one that looks after us. It is said that wisdom preserves life; somehow you start to wonder how. If you know how, probably you starting to think of past incidents were being wise made you triumphant. Light a fire and take a baby to it the sumptuous glow of the flame, will attract the baby to touch it. The moment the baby gets close to the fire he/she gets burnt and the next time a fire is lit he/she won't get close. That is wisdom, knowledge and understanding that fire burns.

Wisdom, this is the ability to judge correctly and to follow the best course of action, based on knowledge and understanding. To explain this let me say we all have heard of the saying life is all about choices. It's either you choose right or left but in every choice there is reward or a result, it can be negative or positive. However we all want a positive result or a good outcome from all our choices. To get these desirable results we should choose wisely, that is assessing the effects of choices and come up with an ideal one.

The wisest man who is said to have ever graced the earth King Solomon, the son of famous David before he became the King, God asked what he required of him. His response was neither wealth nor long life but wisdom. Now you can see how precious wisdom is, more than rubies and nothing can be compared to it (Proverbs 8:11)

As said earlier on, I am a reader and the library's best friend. Whilst reading through, I have come across a story about the British Prince Charles's friends. The friends decided to go for skiing in Switzerland. Skiing this is a sliding game in snow, unfortunately it's a rare experience to those in Africa. As they enjoyed themselves it as said they unwisely proceeded to an area that was prohibited because of avalanches. The avalanches came, they crushed and darkness enfolded their eyes. Their death was as a result of unwise choices, they did not follow the instructions. An adage postulates one should accept instructions and in the end he will be wise.

Wisdom gives one the zeal to face tomorrow; for there is confidence that I can take on the snares because I have the ability to make a good judgement. Wisdom is sweet to one's soul, if found there is a future hope for one and that hope will not be cut off (Proverbs 24:4). Many African icons that were enjoying civilisation at its initial stages have also gone to credit and cherish the

past times of their lives when they had to gather around community elders to listen to their wealth of wisdom and experience, Bob Marley quotes, “wisdom is better than silver and gold”.

Have you ever wondered why we live in harmony with each other despite the atrocious behaviour we conduct to another? Do you think it is the stiff laws imposed by the lawmakers? Reality is that it is not the stiff laws but all the credit is to wisdom. It allows one to make a sound judgement that is weighing the outcome of reacting in a certain way. A good example is that one of responding to fool by its foolishness. Tis simply implies that it is unwise to quarrel or try to justify yourself to a fool. For it's wise to respond in foolishness and the matter is settled, for quarrelling will make both alike.

Possessing wisdom means that your God is way big, my apology I have been offering too many examples based on Christian faith, I promise to correct as we go by. However allow me to share this one on Jesus Christ which I believe explains how wisdom is of importance. At one point God's only begotten according to Christians, whilst he was preaching to the Jews, it is believed he spoke something truthful but did hurt the Jews. They wanted Him dead, gathered stones and he wisely hid himself. We have heard of miracles and how God destroyed people who disobeyed him but wisely Jesus hid despite having the power to speak anything to life. Wisdom preserved his life, so sometimes it's not about how mighty one is.

CHAPTER 4

COMPANIONSHIP

On this ingredient our focus is on the people whom one devotes time to. It can be a friend, acquaintance, partner, mentor etc. For companionship is inevitably influential to one's life hence there is great need to possess the ingredient. Whether you like it or not people around you have an impact in your life. It can be positive or negative but impact is present.

Let me start by giving a very common example on this ingredient and its impact on one's life. Long time ago Jesus Christ met 12 different guys with different backgrounds. Some were leading corruptous lives before they met Jesus; hence after an experience with him they left their ways to suit that one of Jesus. They became Jesus' companions and lived a life similar to his. That is the power of companionship, you become like the people you spend your time with.

Growing up in the township with the dream of going to the city and run the town was my life as a young boy. I would watch my elder brothers going to the city and come back with a lot of money, living the life. Others would go and come back changed, to unbearable monsters. It really got me confused, the city impacted differently to my brothers. The most important thing, I remembered is that before they left the township for the city. Elders would lecture to them on guarding their associates, by the time I grew up and got into the city I quickly understood the impact of companionship before I became a victim. And with the current urban migration, once again you God is bid he has led you to this empowerment. Be very mindful of you companions in life.

The famous companionship quote, show me your friends and I will tell you where you will be in five years, explains the whole theory behind the ingredient. This simply implies, one's life moves in the direction as those or your peers. Those who spend time at church congregations usually become pastors or priests adversely those who spend time drinking alcohol become addicts. The theory explains life as a trend and once one is caught up, follows it. Hence be on guard, you might be caught up in a wrong trend.

Possibly some might argue that this is not usually the case. One can have wrong companionship and still act differently from his peers. This is quite true, I have seen a few, but their difference would only be for a short period before they become the same. Being different, around wrong peers or companions can hinder one from reaching his/her full potential. And still agreeing to the fact companions have an impact to one's life

I have been much of television guy, following programs after programs; I was quite impressed with one program that had something to do with living your dream. Though it was not much of a television standard but the idea was quite impressive. It had the youth in focus, an individual is asked of his/her dream, he is then taken to meet the right candidates who can mentor him to

realise his dream. The part I'm more interested on is taken to meet the right candidates. That is the companionship effect. One must be around the right peer to realise his/her dream.

I cannot talk about companionship without discussing our biggest challenge regarding the topic which is peer pressure. This is influence from companions to do something negatively for example engaging in immoralities. It has been studied and it's known that peer pressure is difficult to handle. However the best way is to avoid it, by not being around the peers who might influence you to perform such practices.

It is better to be alone than to be in wrong company, for bad company corrupts good character (1 Corinthians 15:33). I urge you all to guard of your companions. This ingredient is non-negotiable matter, which one must oblige too. There is no room to say, I can handle being around bad company.

So this is my advice to everyone who is reading this text, perfect companionship leads to championship. Each one of us knows of a person whom you want to become, be around people who can help you to be that person. Do not be apologetic for walking away from bad corruptive company. It is your life, your choice and your destiny. If you want to become a medical doctor, be around successful doctors and ask them how they did it that is the only way you can get there.

There was a boy called Samuel in the bible born of a woman who had been barren for many years. The boy was dedicated to live his life at a temple serving the Lord under the priest Eli. The priest had his own sons who lived wickedly but this never got to Samuel because he was wise enough to let them go their way. Samuel grew in stature and in favour of the Lord, this is because he had the special companionship ingredient of life.

Many people blindly follow companionship tips or lectures but this is a must. People confuse companionship ingredient, they think the ingredient encourages one to be in isolation but actually it does not. It simply implies that there is no benefit being around the wrong peers in fact it demeans you, for companion of fools suffers harm. South Africa's football icon Benni McCarthy, credited the ingredient as of benefit in his career in Europe.

CHAPTER 5

PATIENCE AND UNDERPRESSURE

I was born in Harare, this means that most of the life ingredients were put in me there. Now the focus is on the patience and under pressure ingredient which was brought to test while I was in Durban, South Africa. Whenever people hear of this place they start to think of the resort places like Niagara Falls, Mozambican beaches and other related places of fun or tourism. It is true you cannot take away the fun part from it but for me it was in this city where I grew at a fast rate.

I learnt to understand that the greatest gift every individual should possess is the ability to wait upon something to happen. However as one awaits the moment he/she is supposed to keep a good attitude. That is the patience ingredient; it also has to reveal an element of faith in keeping a good attitude. One cannot say I am practicing patience or waiting for something but being negative or showing a discouraged image.

It is an element of keeping a good attitude even when fortune does no longer favour you. There is a moment in one's own life when expectants seem to be ages away, despite doing all you could to bring the moment to reality. Psychology entails that at this point in time one is expected to be dejected and/or stressed. Hence because your God is too big, He has offered you a special ingredient to handle the pressure. Like in previous chapters we will explain the two separately for easy understanding.

PATIENCE

Patience can be defined in so many ways but the most common aspect of the definition includes the time element. Patience is a very important ingredient in life, to the Buddhist it is the one of 10 (ten) perfections or qualities that lead one to become a Buddha in the Theravada tradition. Now you see how possessing this ingredient is to other religions, but why is that so? Simply because possessing the ingredient entails your God is enormous, it takes God for one to hopefully wait for something which you do not know when it will happen.

In the first chapter I gave an example of Zimbabweans being hard workers and postulated about how it is instilled. Take a deep think on the explanation; I have given regarding the Buddhas. These are mainly Indians unlike many westerns, they tend to be patient. This is visible in many marriages or lets say divorce rates. A survey highlighted that Indian marriages tend to last long, attributing the reason to patience. There are patient with each other on the journey to becoming or reaching perfection. It takes patience to change someone with probably an irritating habit.

Patience can be defined as delayed gratification in practise. During the course of my insurance career, that is when I learnt of patience as delayed gratification. In simple we are saying waiting for the right time to get your reward despite having access to it. In insurance there is an element

of collection of premiums from a client and submit to the office. Sometimes the whole client premium might be yours, but because it is a policy that you submit to the office and it is then distributed from there. Regardless of one's prompt need of funds, a channel must be followed and that is delayed gratification. It is patience practiced, waiting for the right time. In everything you engage, I urge you to have delayed gratification.

Practicing patience is bitter but the fruits are sweeter, take a look at an incident where you practiced patience and it paid off. It might have not given you an expected result but you will understand that a lot is learnt during the waiting period. And practicing patience explains that you will do all you can to make things happen but then wait for God to do the rest. That is trusting unforeseen forces, that they will work out for your own good. Let me tell you this once again your God is big. Not everyone has the ability to trust these unforeseen forces but I believe you have possessed the ingredient after this chapter.

He who is patient is slow to anger and his/her God is big, that's an understanding of seasons, there is time for sowing and time for harvesting. At times we offended; frustrated but the ingredient is our constant reminder that we be slow to anger.

UNDERPRESSURE

We all have been in difficult situations that make one think of going astray or quitting an endeavour in pursuit. That difficult situation is the one which is referred to as under pressure. Most people when in such situations lack that capacity to hold on to their attempts and give up. Not because they are weak nor impatient but probably they did not get the empowerment to carry on in trying times. Fortunately this is the empowerment, the handling pressure ingredients.

Being a sports fanatic let me start by using this example; it's a 90 minutes game and you playing the 89th minute. The score is still tied up and you need victory to get your maiden participation to the superior league. This is not the time to look back on how you have been playing and cry foul but to have an enlarged faith than before.

You need to have done all you can and slowly the pressure is becoming insufficient. The night is getting darker by each passing second but still your business, life, career, education need that catalyst to a light-bulb moment. And at this point in time it is the attitude that matters most. How you will respond to the difficult times is the key answer.

I faced a similar situation in my life, as a father and struggling to provide for my son. To make matters worse to provide for myself, yes I would keep a positive image. If one meets me, he/she would not tell I'm under pressure and on the verge of throwing the towel down. If there is one thing which is easy to notice is a dreamer hence the people noticed that I was up to something. They would tell and talk motivating words encouraging me to give up with some going opposites but that is life. Despite all that being said it could not stop the pressure from being insufficient.

However it got better when I received an empowerment at a local congregation, which clarifies that one's condition was not his conclusion and must keep holding.

Whenever you are underpressure, there is always a reason to smile ahead, so take a chill pill and get over the situation. A true reflection of underpressure is a professional in any life domain or field of work. Imagine the pressure on paramedics attending on emergency patient, but they handle the situation calmly, easing of the insufficient pressure. Not because there are superior human beings but their God is too big. They have been empowered with the ability to handle risk or reward situation perfectly.

It is quite normal to feel underpressure, yes because reality is that the pressure is being taken away from you, when it's actually your duty. As said earlier it is the attitude that will determine your altitude. How you handle underpressure situations determine how far you will go. If you choose to give up, then you go down. If you choose to keep holding on then you go up. Some greatest moments in life are made underpressure. Reminisce that last minutes victory in any sport how beautiful it is, or that deadline assignment submission. It's filled with tears of joy and is never forgotten that's why I am advising you to keep holding on in moments of limited pressure. The world's most valuable mineral, the diamond, is made under pressure. Be great under pressure, your God is too big.

CHAPTER 6

REJECTION AND FORGIVENESS

Everybody wants to be loved, and find the purpose of their lives for the ones they love. I am a writer and I have taken this step to write this book because I care for you. My joy comes from seeing you empowered, possessing all the ingredients to a successful and meaningful life. However this time we are focusing on the opposite of being loved that is being rejected.

On this chapter the empowerment is on handling rejection and being detailed on the power of forgiveness. We all get hurt at times and most of all by our loved ones. To some extent that we would want to take revenge on them. Revenging feels like the only way that will ease of pain. In this case we are coming up with a better approach, to keep us moving towards our endeavours, forgiving.

On the rejection part this is when one is unaccepted or previous associates do not want to be close to you like before. Not that one has done something wrong or is involved in a bad practise. If you recall the companionship chapter we discussed of moving away from bad company however in this case people are moving away from you for being right. It's a puzzling experience. Fortunately by the end of the chapter you will be able to handle such situations.

REJECTION

One takes a giant leap to greatness or buys something coveted by many, shares the news with acquaintances assuming they would be happy for him/her. It does not turn out that way, somehow it results in the people moving away from you. You have not offended them, this is very normal not everyone wants to play fan to an associate or some were enemies masquerading as friends. No matter what the reason might be, worry not and soldier on. For rejection is God's protection.

At some point in my life, I did not have a friend, do not get me wrong I am not saying, I did not talk to people, I talked to plenty but did not have one to call a friend. It was on that period I grew or matured and learnt to stand alone in fact I gained my independence. Understand that God is always there for you. Rejection can be very difficult to bear especially when it comes from close companions. Majority of people have given up on their endeavours because of rejection, the fear of being rejected overwhelmed them. I am writing to you for your emancipation from the fear of being rejected.

An Olympian Caster Semenya describes rejection as something everyone who wants to achieve high, must learn to live with. She explains how she got rejected for her own appearance. Whoever thinks you are not going to achieve greater heights because they have rejected you, their God is too small.

FORGIVENESS

Sometimes we fail to reach our intended goals, not because we do not have faith or we are not hard working but at times the reason is that we keep holding on to past hurtful moments. Letting bygones be bygones is the first step to achieving the meaning of life. We all at times wants to revenge those that did us wrong but in this case I am saying let go of the vengeance and use the pep for progress.

The worst memory for Africans is colonialism, history speaks a lot on it from torture, depriving of one's freedom and people being disposed of their land. Let's focus on a victim of colonisation, Nelson Mandela, who spent twenty-seven (27) years in jail under colonial leadership. His purpose of life was to see his nation thriving and freedom for all. Upon release from prison he understood vengeance would not succour anyhow to achieve his meaningful life. He chose to forgive the oppressors for his purpose.

Forgiveness is letting go of resentments which comes from being hurt by someone, and many a times people say that they cannot forgive someone because the experiences keep coming back on scenarios like the mentioned it has nothing to do with forgiving but forgetting. The highest level of forgiveness, which is not easy to achieve in modern times but we are encouraged to imitate, is that of Muhammed a prophet of Muslim Faith who went on to pray for Abdullah Ubayy who led a group which brought great harm to the Muslims

CHAPTER 7

GRATITUDE

On the previous chapter there was an issue of holding on to past hurtful moments, however the past might be so good that we want to go back hence taking the pursuit to achieving our purpose. On this chapter we focus on gratitude ingredient, life sometimes throws good things with little or without our effort. And this require an appreciation, this act is called gratitude.

It happens that you are progressing very well and unlike previous scenarios companions succour your progress to go up. It calls for appreciation but in this case being circumspective to the dangers it might bring, so that we do not keep holding on to the good moment. The whole point of life is to keep moving forward, and gratitude comes to play, at times our own light goes out and is rekindling by a spark from another person this calls for one to be grateful. Expressing gratitude attracts long lasting relationships that can benefit one as they go on in pursuit of a meaningful life.

Gratitude is an act that must be expressed, failure to express it leaves one indebted, and naturally debts have an effect on progress. William Arthur Ward explains failure to express gratitude as like wrapping a present and do not giving out. Every time one wishes to go out takes a look at the present, thus burdening your mind with an owing, psychologically one feels as if there is an incomplete task. For example one forgets a loved one `s birthday might impact life in most negatively. That is why we are to be in possession of this ingredient. Your God is too big, this scribe is equipping you in every way possible to keep raising and fighting every obstacle on the way.

We all have been in the midst of situations that push for violation of morals and/or beliefs but then somehow a reflection of all the good advices that passed through keep you firm. A sigh of relief follows when one takes a look at the consequences which were to be faced. There is need to be grateful to those that installed those good advices in you.

CHAPTER 8

COMMITMENT AND DELAYS

In life one reaches a point where you have been patient, exercising faith handling rejection and believing that all the struggles were for the betterment of oneself. Despite having possessed all the previously mentioned ingredients still success does not come your way. And we tend to wonder what really it takes to achieve or find the purpose of life.

A Japanese Ikigai concept explains the meaning of life as doing what you love, what you are good at and what you can get paid for. To achieve that meaning of life it calls for commitment ingredient of life. The word commitment is literally defined as staying true to what you said you will do thus in simpler terms unswerving integrity to your word of mouth. Martin Luther King Jr credits commitment as the pivotal ingredient to his success, it is the ingredient that wins battles for oneself he highlighted. He is known for his unshakable commitment to justice, righteousness and truth.

The commitment ingredient suffers greatly when the going gets tough, not so many can stand up for the challenge when the night gets darker. However it calls for ample belief in God, thus unwavering from what you said you will do because your God is too big he will be there for you in all situations. In possession of the commitment ingredient, unapologetically we tell those that think the meaning of life cannot be achieved, their God is too small.

My plea as I write this ingredient is for dear reader to be committed to whatever you are in pursuit of. It can be tough, difficult times may seem to be overwhelming you but always remember the wind blows most at the top. Stay committed and no more cutting corners.

DELAY HANDLING

You comprehended how leviathan God is the moment you discovered your purpose and victory was granted the moment you could picture the destiny in your imagination. Because you are a winner and your God is too big you embarked on the journey to destiny and on the way you were equipped with ingredients to fuel the journey.

As the journey seems to be strenuous and the destination looks far from reach. At times we might need to travel at a speed of 120 km/hr but then the road limit us to 80km/hr. Thomas Jefferson explains such a scenario as, understanding that delay is preferable to error. The focus now is on the delay handling ingredient.

The ability to deal with delays is a rudimentary constituent of success. There is a period when one expects an event to occur or something to happen but unexpectedly it is detained or distracted, that is what we mean by delays. Delays are a finiting factor in achieving one's target and in most cases they come when one is weary. Majority of people in such times they throw the towel down. If you look at it from a common perspective it's quite reasonable considering how

far someone has come. Your God is not small; there is a solution to handle delays. As slated delays are a finiting factor, the solution is interrupting the limiting pattern. This means disturbing or putting to halt everything that might hinder your progress, sometimes we experience distractions which are meant to delay our goals, so as to push for your surrender. The distraction is the limiting part and it calls for one to interrupt it, put it to halt and do not allow it to break you.

Never give up on your pursuits, no problem (limiting factor) is insurmountable, when the delays pile up, that's the best time to deliver and be the difference.

CHAPTER 9

CONTENT IN AWAITANCE

At this point in time, I am forced to believe that you have an optimistic view of life. If it is that dream job you are pursuing, you are fully convinced it will come your way. The necessary dig in has been put in place and have overcome all the pressure to give up. This is the journey of a man in pursuit of the purpose of living. Your God is too big, a lot has come your way but you stayed true to what you said you will do, despite encountering some finiting factors.

We live in a world of people, especially in this modern time were almost everyone is connected to each other through the internet. Internet gives us social media and this enables connectivity which we are informed on what is transpiring in associates' lives. Some they seem to be living what we are aspiring or pursuing and in most cases, we tend to be covetous however on this ingredients we are saying be content in awaitance.

Content in awaitance is a very pertinent ingredient in moving ahead, going up in achieving, in conquering and being happy at all times. It is an understanding that currently I do not possess what I want but I will surely have. This ingredients enables you to pursue the purpose of your of your life with peace of mind. This ingredient comes as an aid to the patience ingredients. Content in awaitance shuns jealous. Sometimes when our pursuits or endeavours seem impossible to meet we tend to wonder were exactly we are going wrong. This is however made worse when the people around us or our peers seem to be progressing. In a real world one is expected to be jealous. This is feeling resentful of someone for a perceived advantage, material or otherwise. It calls for one to handle jealous, when one is jealous it takes away focus from concentrating on your pursuit which automatically affects progress.

Content in awaitance postulates that whatever is happening in the next person's life will not be of ample significance to how you feel or think. Content in awaitance shows a level of maturity in understanding life, it betokens a comprehension that everybody is running his/her race, and at different time intervals. The word content maybe taken as a cousin to the word satisfied. Hence in this ingredient we are not literally saying one should be satisfied with where there are. The content part now comes as being satisfied with the rate at which your life vehicle is moving without comparing with others. However not stopping or settling.

CHAPTER 10

TRUST AND SECURITY

Condone me to start by telling you that trust nobody but God. Another ingredient of life which aids in the achieving of meaningful life is how to deal with trust. Many people have failed to get to the apex of their endeavours, not because they did not have what it takes but some were failed by the people whom they had trusted to do some work for them.

Trust is defined as confidence in or reliance on some people, person or something. This is a very complex topic in life; it is the reason why parties engage in what is called a contract. A contract this is an agreement by parties which the governing law enforce. All this is a result of lack of trust however a contract is effected as some form of security.

The purpose of this book is to empower one to rise up and live a life of achieving whatever they pursue. I assume, you are not bemused how this trust element gets in. some time ago there was a very talented basketball player who was selected to play for a provincial team. Everyone seemed happy for him, preparing for the upcoming fixture he went into camp for a couple of days and left his playing licence with a sibling, trusting he would bring it on a match day. Things turned out bad when the brother, willingly did not turn up for the game. When juried by family members regarding his absence, he cited that he was jealous of his brother who seemed to get all the attention, so he decided to stay home. This all goes back to the trust ingredient, the book is not advocating for one to withdraw trust from close companion but it calls for understanding the level or extent of putting trust on them.

Let me share a bit about myself, I have grown to love hot beverages whether its tea or coffee, I believe you wondering how is this connected to the trust ingredient. As a coffee fanatic I was captured by one popular coffee brand in South Africa which had a phrase, “dream with your eyes open”. It gave me an understanding on the subject of trust. As you continue in pursuit of your endeavours keep your eyes open, do not trust anyone.

To get a lucid picture on how pertinent this ingredient is, take a look at how much nations spend on their security, it betokens the lack of trust, expensive and destructive weapons are manufactured every now and then as security measures. Trust is a very sensitive issue; in pursuit of your endeavour be wary of whatever is happening around you. Religiously in the Christian manual, Jeremiah 9:4 exhorts us to beware of friends, not to trust brothers for every brother is a deceiver and every friend a slanderer. In this case we are not saying go ahead do not be around a brother but have an understanding that close companions like anyone else are fallible hence manage the level of trust you deposit on them.

CHAPTER 11

GUARD OF COMPLACENCY

Arguably the most known phrase or statement to ever come from Africa is Hakuna Matata which means no worries. Henceforth I would like to talk about another statement from the continent, “it’s a long walk to freedom”. Freedom is what everybody needs; one can be very rich and does not live a meaningful life. Mandela went on to say money does not bring you success; it’s the freedom to make it that will. In simple terms he was saying if one would like to be successful in a certain field, granting that person permission to participate in the market, unlike giving someone money but not granting him permission to be a market player.

My apology for diverting from the topic and bringing up freedom into play, back to the statement it’s a long walk to freedom. Let’s exchange the word freedom for a meaningful life. It becomes it’s a long walk to a meaning life. Key words are long walk, not a long drive, neither cruise nor flight. Why is it a long walk? Walking uses a lot of energy and exposes one to a lot of things including bad weather, not so many people can bear the exposures. Right now the focus is on those who have walked long with an ambition to find the meaning of life. There are starting to smell the scent of victory as in achieving the purpose of life. A child called complacency can be born, unlike all other five children which are blessings this one is a dream thief. However your God is too big, you will receive the necessary empowerment to deal with complacency.

Complacency is that feeling of contented self-satisfaction especially when unaware of upcoming trouble. In most cases we are lured to be complacent to such an extent that we regret when we have already fallen victim. That is the devil’s ploy he makes you feel as if you are there already, instilling a relaxation mentality but with the intention of destroying you. The devil I do not mean you will see a man in black with horns like what the world of imagination portrays him.

In complacency the devil convinces you to believe that you have done it but the truth is the meaning of life is to continue going up, never give up, never stop, and never settle. Possessing the guard of complacency ingredient will help you go up, conquer and attain happiness. It allows one to have an understanding that there is no wrong in being praised for your current achievements but it must not negatively influence a change in your approach. Complacency like rejection and other obstacles have the same purpose to hinder ascension.

In every field of endeavour there is what is termed the highest level/pinnacle of success. This means that the world is designed to make one believe if he/she get to certain point had reached a limit and is awarded a hero status. Everybody wants to be a hero, whether a national hero, sporting hero or world hero hence this hanker to be a hero will drive one to reach to the limit. Even though he might be spirited to still go up, somehow he feels that I have done it effecting in relaxation. That is complacency, your God is big you will surpass that limit.

Sky is the limit? Be that person who says I will go beyond the sky and will not stop there. Get the devil to look for another plan because complacency is no longer an issue.

CHAPTER 12

SACRIFICE

I have watched many African movie especially the ones from West Africa, majority of them have a similar theme. A person goes to America either for school or work but in the end he comes back rich. Some Bollywoods have the same scripts as well. If it was possible to get into people's minds we would find out that most reveries people have they will be in America. That is America for you, it has a lot of sway on people's lives.

I know you are perplexed regarding the significance of America on this topic. I urge you not to worry we are getting there, remember we have also talked about patience and I imply believe you possess it. Correct me if am wrong but it's only in America where football means something different. The world football governing board is called FIFA but it does not govern the American one, why? The answer is it's different, I have just added a piece of general knowledge to your memory. Back to our story a very prominent player of the American football, Colin Kapernik in one interview states that one should believe in an endeavour, even if it means sacrificing everything. He mentioned sacrificing as a constituent to ones' achievement, sacrificing to attain a meaningful life.

Sacrifice is a word that can be defined in so many ways but I would appreciate if we take it as, letting go or giving something valuable so as to gain something else of value or so as to avoid a greater loss. In simple terms it's giving away something to gain something or avoid losing. Ancient people gave away their possessions for example burning a cattle as a sacrifice to God for blessings, I believe there are still some ethnic groups still enforcing such practices.

Some sacrifice their time with their loved ones to gain trust, even love in return or to avoid losing them. In some religious denominations they shed blood and assume that blood shed for a good cause pleases God. So many things are done as sacrifices but on this chapter we are focusing on how the ingredient is pertinent to one in achieving the meaning of life.

There is that moment in life when one discovers who they want to become, this is the moment when they get to find out what is it they want to do in life. However this is an arduous task probably because of some commitments there are in. This is the part where one needs to be empowered in the ingredient (sacrifice) so as to let go of some commitments for what he is to become.

Some people discover who they are at a very tender age. Some they are helped by their families to become who they want to be. Some they have to learn the hard way to become whom they want to be however all at some point must have to sacrifice to become that person. Family is what we are taught to be our greatest treasure, but is it? As a believer I would say God is greatest treasure, remember what we mentioned about infidels. So many people value families to such an

extent that they forgo their God called for purposes and end up living in regret. On this Chapter it is all about sacrificing everything from family and anything one value for a meaningful life.

At the age of twelve Jesus discovered his, which was a very early age. He heard God's call and decided to live his purpose, went missing for three days. You can imagine how the parents were feeling considering that he had not reached his teens. After they found him his mother explained the anguish he had brought to them. Instead of apologising he responded, "why were you searching for me, didn't you know I was in my father's house". The talk is saying mama as much as I love you but it's time for me to be out living my purpose. Sacrificing your parents love for a meaningful life.

This applies to you as well there is a time when you have to leave that relationship, commitment or anything you are engaged in and pursue your purpose. From our definition we said letting go something valuable, yes it's not an easy thing to let go something you value but it must be done. Sometimes devil uses that valuable thing as a ploy to hold you back. Let go of it, give it away and pursue your purpose.

In one of the books I came across. My bad did not write down the tittle but it was about Mugabe. He was quoted, "it was necessary in the interest of the nation that I took speedy action and left. We all have to sacrifice our personal interests." The part we want from the quote is sacrifice. His success as a president emanates from that sacrifice of letting go personal interests. It is the sacrifice that makes one a winner. Furthermore Patrice Motsepe, speaking at the Mandela Lecture in 2018 postulates that through hard work and sacrifice every young person can realise their dreams.

CHAPTER 13

TEACHING

Many of us we grow to believe that college and university is a place of fun. Movies provided us with a picture that, it is when one can experience his/her best youthful life. A huge number of youths agree with me that at college you get much freedom, being away from parental guidance. That is the independence every youth desires. I believe so.

A few years ago enrolled at a university which is about 270 Km away from home, such a distance is regarded a long distance by many Africans. Fortunately I had travelled a distance thrice the above length before in my life. Henceforth I would like to focus on something else I grasped during my spell, which is the teaching ingredient.

Teaching is literary defined as passing on knowledge, some might take it as to show someone or others the way. As exams approached, students gather in groups discussing complex subjects as they prepare for the tests. During this period of discussions, I would make sure I share everything I knew regarding the topic with my peers. It worked as a revision for me and at the same time making it difficult for me to ever forget the topic. It happens that one gets to forget the way he/she has been showing others. That is the power of teaching.

Your God is too big; again he is providing you with an empowerment for you to attain a purposeful life. Those little things you know pass them to someone; it does make you better as well. The other thing that comes with teaching is goodwill. Arguably every person whom you taught something will bad mouth you. They will always speak well about you. British tennis player Andy Murray postulates how important teaching is by stating that even when you are not performing at your best, teach others to be better. In this he was saying sometimes we are struggling for elevation to the next level not because we do not deserve to be there but because we have not passed on what we have to create space for something new.

For you to be where you are, you have been taught, it's your turn now to also pass knowledge. For Christians, their father Jesus Christ was also called "rabbi" which translated to English means teacher, this shows how this virtue is important. Take a look at an incident when you passed knowledge or show someone a way, somehow it imprisons you to go that way. For example you lecture on a bad habit like stealing; inherently you are implying that you do not steal. It's more like solving your own problems by solving other people's problems.

CHAPTER 14

DOCILE

We are on chapter 14; we truly have come a long way with this empowering program. I hope to give it my best shot on this chapter, not to say I have not been on previous chapters but just that I have a strong liking for number 14. My birthday and my son's fall on the fourteenth day of February and November respectively. Now you see where the love is emanating from.

Back to business now, we all have heard or come across the statement, everybody you meet has something to teach you. The statement implies that everyone has something or knows something of stupendous pertinence to you that you do not know. This statement would surely be good for an English discursive essay/ or a debate. Back in my high school days I would be that guy who would watch others debate on the topic despite maybe more factual than participants. I was very shy to step up and do it.

Some people would surely oppose the notion that everyone has something to teach you, not that there are snobbish but probably because of their own ethos and values they live on. In this modern world, goodness has gone to be associated with richness. People born in such environments tend to live on ethos involuntarily provided for them. Thus making their measuring stick of how good someone is in any endeavour is how rich one is. I have grown to be a voracious reader and I have got to meet some very empowering books, that did well on the market the major reason being attributed to how wealthy the writer is. This somehow makes it difficult for modern day people to accept a teaching from a poor person no matter how informed he might be which makes our statement futile to some.

All this leads to a very sensitive ingredient for one to achieve a meaningful life called docile. Is docile a new word to you? Do not worry it's not one of those complex ones in simple terms, it means one who is ready to accept instructions, similar word is teachable. Before we get to the ingredient give credit to the Life Formula for also improving your grammar. The book is also honoured to have a reader like you, as the first born to the writer it will try to empower you so that you will anxiously wait for the other siblings to come in future.

The ingredient is exhorting you, to live a meaningful life you have to be teachable, that is be docile. We have since discussed the issue on the complex part regarding who should teach us. A lot happens in this world, some people are paid to guide others to destruction and vice versa both parties will show dexterity in their work and will be rich as well. Some are poor but teach the truth, some are poor and try to guide you to destruction so that you join their clan but this is done clandestinely. Those are the teachers you will come across and you have to be teachable, it's a conundrum.

How then do you get to overcome all these rigmaroles life throws? First and foremost the first step is to be docile; one needs to be undoubtedly be docile. However you need to be very careful

on the teachings you are getting and the only way to do that is by making sure you have foundational knowledge on what you want to be. This will help you; see whenever you are being taken the wrong way.

Being docile is very important ingredient for your success it can be a magnet to many teachers. It is every teacher's joy to teach someone who is willing to accept instructions, for it brings glee to the teacher when a student excels.

CHAPTER 15

CONTINGENCY PLAN

I cannot believe I have gone up to this chapter without informing you about insurance. I know this is not an insurance book but as an insurance connoisseur I felt that I have been unjust to you if I do not find a way of sharing a hint on the field. As an insurance professional I have also realised that there are some people who do not want to hear the term insurance, maybe you are one of them. Please do not put the book away I am not going to sell insurance to you; the topic is in line with the insurance concept.

Insurance in simple terms is a contract providing somewhere to fall back on after the occurrence of an unexpected event. This is also similar to our topic, “contingency plan”. On this one we are discussing planning for the worst case scenario. Literary contingency is defined as unpredictability or uncertainty whilst a plan is a set of intended actions through which one expects to achieve a goal. So now we come up with a definition of contingency plan as intended action set aside for uncertainty or unpredictability.

How then does contingency plan apply to our major objective which is to find or live a meaningful life? As much as your car is fit for the road, brand new tyres etc, one must carry a spare wheel. This does not mean you do not trust the new tyres but you understand that something beyond your control can happen (puncture) but still you must get to your destiny. The spare wheel serves as somewhere to fall back on which is contingency plan explained.

If nothing is impossible with God, then there is no need for contingency planning many believers would say. I have met this response so many times in my insurance career. I do not need to prepare for uncertainty God will take care of me, so they say.

Sticking to our example of tyre puncture, yes you do trust in God which is a good thing but this is not a reason to be presumptuous. As much as God is in control of the world, we live with man made things and man is prone to error that is why there is need for contingency plan. So many times we hear stories of products failing to provide expected service; such things do happen that is why we call for insurance.

You are a musician going on a big stage carry a back- up guitar in case of emergency, to guard of the unexpected failure of the one you have. This way you are guaranteed you have somewhere to fall back on, and so dispelling or reducing the chances of one failing to achieve a purposeful life. Some prefer to call it a plan B or loss control measure. Your God is too big, you can now control losses.

CHAPTER 16

INGENUITY

To some this ingredient of life is slowly turning into what is referred as Shibboleth which is an old belief or practice that is no longer relevant in the current times. However the actual fact is that on your pursuit to achieve a meaningful life it will call for the ingredient. Before I get to tell you about what the term ingenuity means allow me to say, “Your God Is Not Small.”

The best example of ingenuity is of the ancient Egyptian pyramids, and because there is an ancient part in the example I am forced to believe that you presume then the ingredient is shibboleth. Hopefully by the end of the chapter we would be able to see the pertinence of the ingredient in achieving a meaningful life which is going up, conquer and live happily.

Ingenuity is defined as the ability to solve difficult problems, often in original and creative ways. Poverty is the mother of ingenuity, somehow there is an element of truth in the statement, and people who tend to apply original creative ways are those who are not well resourced or who have exhausted all the designated problem solving solutions. It can be an ingredient which might not apply to your life as you do not see yourself exhausting all your solutions, it's quite true one can get to achieve a meaningful life without it but it's important to just possess it. Who knows the rain might pour on the hottest day of the year.

It real took me a while to find a simple practical example of ingenuity that can be of aid in getting to understand the subject. Fortunately I got to remember of one original and creative way which was used to solve a problem at one point. It was during a construction of one building when the builders ran out of cement to use for the mortar. I presume they miscalculated how much cement was needed for the project. A professional would go on and say there were incompetent; this would never to be the case with me. He/she might be right, however I urge you not turn to the next page try to learn how the ingenuity worked for these builders. They however resorted to original let's say ancestry ways of building and used soil as the mortar to finish up the project. The building stood strong as if cement was used; now you see why the best example of ingenuity is that of ancient Egyptian pyramids. It's because of the originality and creative ways used to build then.

Those who think you cannot make it because you have run out of cement; we tell them that their God is too small because there is ingenuity. It might be an endeavour you are pursuing which has been halted because of resources or anything. I encourage you to apply ingenuity and complete the project. Ingenuity postulates that there is always a solution for a problem and no problem is too big for you. Somehow it is also saying no endeavour is to be left incomplete, which means you are poised to go up.

CHAPTER 17

METTLESOME

To be the best version of yourself, it calls for you to be mettlesome. Be of great mettle, being a person of great mettle leads to becoming transcendent. Remember earlier we talked of transcendent meaning surpassing usual limits. Targets and limits are always part of our daily lives however the only way of getting over them is to be transcendent as we said but this is only done through an ingredient called mettlesome.

Mettlesome is a school of hard knocks, it is an ingredient that makes one tough on problems, mentally tough if I can say so. The time I wrote this chapter the world was mourning the death of NBA star Kobe Bryant. The star was said to be a transcendent player of great mettle. In one video footage he shared a school of hard knocks teaching, he said, "If you are to die, die hard. Be tough on any problem". And with this approach nothing can stop the rise.

The term mettle is literary defined as a quality of endurance and courage. What this simply means is that one should not be afraid of any difficulty and is willing to suffer patiently so as to overcome the problem. The ingredient is saying do it even when in pain for your victory is very important. Sometimes life puts you in situations that seem tougher than the ones which you have overcome and in most cases when you no longer have the energy to go on. Mettlesome is telling you that life or situations will never get easy, challenges will grow big every moment you surpass one and so must you. The only way you can grow big is by possessing the mettlesome ingredient. This is saying I will endure everything that comes for my victory. It's giving everything in pursuit of high aspirations. What an empowering message you just grasped.

From the literature definition of mettle we found out that there is the courage element. We cannot talk about courage without mentioning the fear factor. In some instances we fail to achieve a meaningful life not because we did not possess the required potential but fear overcame. Being afraid is normal in most pursuit, there is even a well-known adage which states, if your dream does not scare you it's not big enough. However we are not part of those who are overcome by fear because we have the life formula to our aid. The life formula is telling us to be courageous, that is beating down the fear which might hinder a meaningful life. Courage is not the absence of fear, but triumph over it. Sometimes when an endeavour scares, the solution is to do it afraid

CHAPTER 18

PIONEERING

For those from Southern Africa am sure you are familiar with the term pioneer from the yellow coaches and trucks that roam around the region. Americans have a pioneer's holiday or you remember the word from the British Southern African Company (BSAC) who invaded Rhodesia with what they called the pioneer column. Maybe you are a music fanatic and have got to know of the word from a brand I believed is well known for manufacturing sound equipment called pioneer.

The whole point of the book is to make you equipped with the ingredients, which I deem necessary for the quest to achieve a meaningful life. Life is an individual game as we all know; one is tested differently from another. I repeat my word, one might get to achieve a meaningful life without having to use some ingredients especially the pioneering one. The ingredient is for those who are up to break new grounds.

Pioneering ingredient is for those who are to be first in doing something, partaking a task that has never been done. It is going before and prepare or paving a way for others to follow. Many of us our endeavour, dreams have been done before which makes it easy to chase as we have previous work done to guide us to our meaningful life. I believe this ingredient is a prerequisite for many Africans. At family level, to date we still witness heavy criticism on a member who wants to be the first to go to university. Many potential pioneers have had to let go of their educational endeavours because of such criticism. Let me tell you this dear reader, being an pioneer is no easy thing, henceforth it's not something to be scared of because your God is too big he keeps empowering you.

To be the first to do something means to write history which can never be forgotten. It is setting a record, whether it's going to be beaten in the future by the following people, but trust me a pioneer will never be forgotten. Like what the adage says, first cut is the deepest. For one to be a pioneer or be the first to do something, it requires you to be stalwart or brave. It call for one to firmly support a cause even when nobody is, pioneers are never liked but revered. If you are pioneering and was on the verge of quitting because everyone seems to despise you. Dear reader let me tell you this, what you are going through is normal. Once the job is done everyone will revere you for paving a way. Pioneers go through unavoidable significant pain to achieve a meaningful life.

A long time ago but not so long before 1969, one woman made a decision to go to London from Jamaica, she had plans to go and teach there, in the year 1969 she proceeded with the migration and become a head teacher at one school. Did I mention that the woman was of black race and at that time racism was still peeking, this means the journey to become the head teacher was not an easy one? As the first head teacher in London, she was heavily prejudiced but that did not stop the pioneering spirit in her. In fact she had planned to stay in Britain for three years but it ended

up being more despite the prejudiced. Today is revered for pioneering the way for others to follow.

Whoever tells you that the meaningful life is unachievable, now you can safely tell them their God is too small. After such inspirational words you just engulfed am sure those goals which you have been reluctant to start are underway. Go ahead and pioneer.

CHAPTER 19

A SENSE OF DIRECTION

What comes into your mind when you come across the word direction if you did physics at some stage in your life like me, I guess you are thinking of displacement or vectors. For some they start to think of the four principal compass points, North, West, East and South. Whatever you are thinking you are still in line with what the chapter looks to unfold. We are talking direction, in the archaic we regard it as address. Let's hope we all be able why possessing the sense of direction ingredient is key in achieving a meaningful life.

When we talk about a sense of direction, what we rudimentarily mean is that one knows where they want to be despite not knowing how to get there. This ingredient is very pertinent as it makes life easy in asking others for directions to get to your destination. It also reduces the chances of getting on or boarding the wrong bus at a station. In a more real example what we are saying is that when one is cognoscenti of the person they want to become it is difficult them to being someone else. If you ardent to become a doctor in the medical field no one can direct you to become a musician because you are aware of the direction your life should take. Having a sense of direction makes you immutable to all other routes that life wishes ingredient that life wishes to direct you.

Possessing the sense of direction ingredient helps you in gaining control of your life. The whole point of direction is to help take charge of your life. One of the devil's tactics is to make people believe they have no choice in direction of their lives. However we have countered that with the sense of direction ingredient.

In metaphysics there is an element called Libertarianism, this concept work hand in hand or support our ingredient the sense of direction. Do not be confused about the physics part am not leading to calculations, we are still on track. This is ethics religion the doctrine of free will, it can be defined as indeterminism the study or doctrine that state that all human actions are determined by deliberate choices or what we said earlier as free will. Whenever we say free will we are literary meaning that you are in control, by virtue of being in control you have taken charge of the direction to the destination. This also means that you are in possession of the sense of direction ingredient. You are aware of where you want to be, thus achieving a meaningful life.

We all know it's not easy because the world already has a direction for you even before you take the first step. The world assumes it has the right path for you and however you have a separate direction from the one it has for you. This leaves you wondering and worried and even scares you to take the first step towards the direction you intend to follow. Dear readers worry not, the fact that you possess the sense of direction ingredient is knowledge of where you want to be, it means that God is in it. God is your number one coach and he cheers you on, in every circumstance in life until you get to where you want to be.

CHAPTER 20

PRESCIENT

The whole point of this book is to get the reader, to get to a meaningful life. A meaningful life does not necessarily mean having money, it's getting to the acme endeavour. It also means becoming the person whom you want to be and this process takes a lot of ingredients like faith and patience which is also key in this process of becoming the person you desire to be. The ingredient is prescient, it is somehow more realistic, it is knowledge of events before they take place, some might choose to call it foresight. The question now becomes, how then does one get to possess the ingredient?

Everyday millions if not billions of people watch their television to get a forecast on what tomorrow's weather will be like. They start the day with the insight on what is to take place that is the prescient ingredient is all about. In my area of speciality which is insurance we have investments, where people pay monthly or yearly premiums in assumption of a pay-out, of a certain forecasted figure after a couple of years. In this instance, one faces tomorrow with knowledge of how it will be, but however before we get to talk more about this ingredient, there is a very important aspect to note. This is more of a realistic approach, it's real in the sense that we seem to have foregone events that are stage managed by God. However not striding away from the fact that we have an enormous God and nothing is impossible to him. What the ingredient is saying is God gave us the ability to predict or mould the events of our tomorrow. Hence sometimes what we know about tomorrow does not turn out that way probably because of happenings deemed acts of God. The acts are somehow there to keep reminding us that God is still in control of our lives and everything that happens around us.

Addressing one of our introductory questions, how then does one get to possess this prescient ingredient? How can one get to know the future events before they happen? In these modern times we hear so much about the term self-made. Many people who seem to call themselves self-made people tend to possess this ingredient. They tell, "I knew what I was going to be in life and/or what was going to happen in my life". Thus they knew they would achieve the meaningful life which is our pursuit. Let's find out the secret behind the knowledge of things before they happen. From the previous chapter we said sense of direction, knowing where you want to be but not knowing how to get there or what to expect on the journey. Now with prescient you are guiding yourself into the future in aware of events before they happen.

The art behind getting to know the future events before they happen lies on analysis. Analysis of historical records to predict the future is one way we can also employ. This model is mostly put in practice even in trying to get to know how someone might end up like. For example one librarian once told me that they apply this by just checking the books one reads when he visits the library. They then look into the record to find people who also used to read such books and how they later become in life. She postulated that this approach is rarely wrong. So the self-made

people analyse historical records on their own, so as to mould their future. This gives us an answer to know one gets to know the future events before they happen, it's analysis of past events to predict the future.

The whole idea of trying to know the future before it happens is essential in achieving a meaningful life as it helps one to prepare for the best or worst case scenario. Unlike contingency plan where by you are preparing for the unexpected however with prescient you are cognisant of the coming trouble or fortunes. This time it's no longer about having a spare wheel, it's about having the right tyres for your vehicle because you are in knowledge of what to expect on the road (smooth terrain or gravelled road). An expert in business Warren Buffet explains prescient as a key ingredient by contrasting the so famous theory of investment, which tells one should not put all their eggs in one basket, that diversification put in place. He postulate that this theory is applied by people who do not possess the prescient ingredient, they do not understand what they are doing. If you are knowledgeable you put your money on an investment you are not sure will yield there is no need to spreading around.

CHAPTER 21

ARDENCY

To be ardent is to be passionate; it is to have that burning desire to do something. Some might choose to call it eagerness or zeal. We all need that blazing to push us to go on with our pursuits, without it, might be difficult to get to the meaningful life, unlike faith which comes from hearing the word and you have the confidence to pursue, ardency is the that inside feeling which comes naturally. One comes across someone playing a keyboard and it somehow evokes that uncontrollable burning desire to also want to play. Something tells you that this is your thing, which is ardency.

Ardency can be an element of who wants it more, the whole point behind the writing is to help the reader achieve a meaningful life. In our pursuit to achieving a meaningful life, we might encounter opposition. The opposing part is a parasite who wants to snatch the pursued life but in this case it will not be possible because you will be ardent which means you are more passionate about the life that the opposition. In simple terms, you want it more than the against figure, remember the opposition comes without your invitation. If you remember very well we mentioned that some, if not many die without realisation of the meaning of life and find their purpose. So whenever some who are failing to find their purposes, see you living yours they tend to think they can do what you are doing better. So they enter the race to beat you not to show the world that burning desire in you is unparalleled, you possess ardency and you always want it more than anyone else.

Whenever one possess ardency, he/she is passionate and by virtue of possessing that burning desire he/she is unstoppable in the pursuit to achieving his/her purpose. Many of you readers I believe you have watched the movie “passion of the Christ”. The underlined word is passion. The movie tells a life story of Jesus and what he had a burning desire to do. He went through hell like situations but nothing could quell the desire. A lot of revered people in the world speak of passion ingredient. Mandela explains the importance of passion which is ardency as key ingredient in his life by his quote, “there is no passion found in playing small, setting for a life which is less than one you are capable of living. Passion is the genesis of genius says an unknown writer. He tries to bring the fact that for one to showcase his/her extraordinary intelligence or skill, there is need for that person to be ardent. To the opposition figures we say,” your God is too small.”

CHAPTER 22

VIGILANT

Lettuce and cabbage might look the same but they are different, I believe you can differentiate the two. This also applies to vigilant ingredient and an ingredient which we discussed earlier, trust. On the trust ingredient we talked about dreaming with your eyes open, and the case now is about explaining what we mean by that statement which is vigilant. To be vigilant is to be watchful, alert, some might choose to call it wary or on guard. Let's read attentively so that we can be able to pick up the differences.

On the trust ingredient we talked about putting faith on somebody to deliver or do something for you. However on the vigilant you are not putting faith on someone but watchful for the failures that might be caused by someone whom you have deposited trust on. It's being alert to the dangers that might be caused by others not only those you trust. It extends to everyone who do not want to see you achieving the meaningful life. Previously we talked about oppositions coming to race you, with vigilant it extends to adversary who are there to destruct you. Adversaries seeking to devour you, hence this calls for maximum concertation on whatever you are doing so that the devil does not get to you unaware. So to all adversaries you will never catch us unaware, will be on-guard all the time and your God is too small.

In one of the quotes I have written, I write, “be kind at the same time being wary of those who speak to you cordially but harbouring malice”. The underlined word is wary which we said is vigilant. At times we welcome people in our lives in oblivion of their intention, and most of the times we realise why they come into our lives when we have already been hurt. The vigilant ingredient is exhorting us to always be looking for such instances.

The ingredient is the overall of the entire ingredients to achieve the meaningful life. It is what we term the firefighting ingredient, putting out every/any possible danger or disorder that might hinder your progress.

CHAPTER 23

DISCRETION

As a new intern in the office with all the verve to do the work and learn all of a sudden we then welcomed by office politics. The office has been very unproductive of late; the expenditure has been very high, a huge percentage being attributed to telephone bills as a result of so many casual calls rather than business. The firm has since resorted to prepaid rather the contract where you get the billed monthly for your usage. The consultancy in the room quarrel on daily basis on who has been making too much of these casual calls, not talking of the small amount petty cash received on weekly basis even though its accounted for, fights never cease to erupt.

The month is coming to an end, everyone is busy, pushing from all angles so as to get better stipend of commission. One can tell see from the faces that nobody want to be disturbed, probably personal budget aren't tallying with one expects to receive come month end. This makes the environment tenser for the young intern. How am I going to survive in such environment? Is it always like this? A dozen of question fill his mind but no one to ask. From the little research he had done about the firm and its reputation and how almost everybody out there wanted to be a part of that team. He never knew it was going to be hostile.

In a blink of an eye he found himself all alone in the office, everyone had gone out in the field to source business. Left with nothing much to do, he acquainted himself to the office; reading books, files, magazine, almost every piece of literature available. All of a sudden there was a raucous noise in the passage outside as that of an animal (mammal giving birth). This is uncalled for in this environment, he went out to see what was happening. He was surprised to see a woman dressed in a nondescript manner walking furiously towards the office with reception security guards trailing behind, not sure how she had passed them. As she got to the office in a high tone, said she was looking for one consultant who owed her money and she was not leaving the office without her money. The guards tried to tussle her out but the situation got worse using a scene. One guard recognised a women as familiar street hawker, before the situation got out of hand and attract a lot spectators, the intern rush to the office drawer took a few dollars from the petty cash fund a paid the hawker. That was discretion put in practice.

Another example is of a hotel employee who had to intentionally lying to one regular madam that her husband had not booked with them that night. The husband at that night had a room with another mistress, or that of a junior doctor who reduces dosage of certain medication for a patient whom he/she sees as greatly affected by the dosage prescribed by a senior, and serves the patient. Discretion is defined as the ability to make a meaningful decision without having to discuss the matter. In most cases it's promptly, and that what distinguishes great leaders from leaders, separating boys from man. It is in other terms call the decision making ingredient. Discretion is all about decision making, making decisions that brings light to everyone around. A man is

judged by the level of decision they uphold, in other terms by the decisions he makes especially in impromptu situations.

As much as discretion is a very pertinent ingredient, it is also a component in the corruption equation. This simply means it influences corruption. Corruption hence is when someone with certain power makes a meaning decision and does not allow anyone to look into the matter. This can be explained by the equation: $\text{corruption} = \text{monopoly power} + \text{discretion} - \text{accountability}$. A person of ample discretion can be very corrupt which is why we should always be self-reflecting also as to manage level of discretion. As they say a very truthful person can be cruel, however we are encouraged to be truthful this applies to discretion. Discretion is the salt in our bread, without it the bread is tasteless and too much of it makes everything worse thus calling for proper management of how much of the ingredient does one has to apply.

CHAPTER 24

UNDERSTANDING MONEY

Understanding money ingredient! We are not going to be educating on making money or anything similar but an understanding of its' purpose in achieving a meaningful life. What role does it play in our quest, do the rich have an advantage because they possess money, and can one achieve the meaningful life without it? For one to get to the acme of his life pursuit he/she needs a common understanding of money, I repeat a common understanding.

Truth be told is you do not possess this ingredient and do possess all other ingredients we have discussed; you might still struggle with your rise. Very few will argue, they tell you even if I do not understand money I can employ someone who can do that for me. This is quite true we have read that in the press, many prominent who have made news for lack of understanding money and all they cared about was performing their task. Dear reader that's life at the top, it's magic but the road to the magic is the most straining which calls for common understanding of money.

As a freshmen at a financial institution, coming straight from college and not financially stable. The greatest highlight of the period was when I had to sale a financial advice to a payslip of about eight thousand dollars (\$8000) monthly earning. When all I needed for my monthly budget was a probable disposal of \$200 and I would label it a good month. I did made a sale, got a good commission from that payslip. As time went by now at a different institution, I do not know if I was fortunate or some prefer to call it grace. I was made to work directly from the director's office. An office of man living in magic, he made a \$100 in few minutes in my sight. The world where people speak millions, transact in millions. The world I believe I belong but on reality am still a common facing common problem like food, shelter, clothing etc.

Remember we said the purpose of life is to rise, achieve your goals. For now that is your purpose to be in the magic world but then you still a common baby and mother like all mothers does not want to let go of his/her baby. And that is very normal/common nobody wants to let go of their possessions even if there is room for plenty or they can't afford it. This now calls for understanding money ingredient. That's how the ingredient comes to play. Mother common is pulling you back trying equalling you with other commons who have settled.

The secret is to stay above the water with that stipend you get from being equalled or lowered. This means progress becomes an everyday thing, until you get to the apex, because you possess little common money prudent expenditure is the key to your success. This is the part that determines your altitude. At the same time that gives the rich an affair advantage over the poor. It's knowing how to spend, which then give rise to financial advising firm and buying sound financial advice. In this case I presume the reader cannot afford one, he/she is left with no option but to find the hidden secret on his own. For they say money is like a sharp knife in one's hand is useful too but in another its' a dangerous weapon.

Lest we divert from the subject which is tool achieve a meaningful life, which is going up to meet our intended goals. The understanding money ingredient is saying, use the small common amount you have to take yourself out of the bondage. In other words it's a declaration of war on mother common. Like any war, some will be lost, some will be hurt but there isn't any war without casualties.

Mother common and, whoever thinks and pursues to hinder your way to achieving a meaningful life we say, "Your God is too small". However there are certain aspects which you should put into consideration when applying this ingredient. That is you are running your own race to prosperity, remember very well we said this is an anti-religious discrimination book but in reality discrimination against religion, race, culture, ethnicity are present in the world. Running your own race will help you understand that there are some religions which are wealthier than others. Mother common is real and from a wealth religion doing her best to equal her kids. In other words you are fighting reality which then requires your spirit level to be at its greatest height. That is why I have taken this time to writes this chapter at the end because it takes all other plus this icing on the life formula cake to achieve a meaningful life. You can safely say, to the haters, "Your God Is Too Small".

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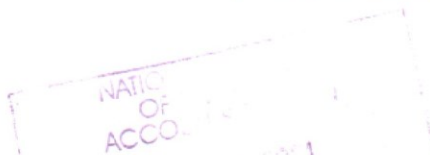
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